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Housekeepers' Chat

Wednesday, June 19, 1929

NOT FOR PUBLICATION

Subject: "A Luncheon Party for the Sweet Girl Graduate." Menu and recipes from Bureau of Home Economics, U. S. D. A. Questions and answers conclude program.

Leaflet available: "Good Food Habits for Children."

--ooOoo--

June -- the month of brides and roses -- and sweet girl graduates.

"Will you help me plan a luncheon for a June bride?" writes a busy homemaker.

"Can you suggest a menu for our farewell party?" writes a sweet girl graduate of 1929.

Let's make one luncheon answer for both these questions. I won't say a word about decorations, for nothing could be more beautiful than the flowers which bloom in the month of June.

I'm planning a luncheon for five persons next week -- my menu will be quite nice enough for June bride and sweet girl graduate. Are you all prepared to write the menu? Broiled Sweetbreads and Stuffed Mushrooms; Peas or Asparagus; Watercress and Cucumber Salad; Pinwheel Biscuits; Strawberries Supreme; and Sponge Cake.

The sweetbreads are a lucky thought--with stuffed mushrooms they are delicious-- indeed, you need not be blindfolded to tell that this dish is one which an Epicure would order.

As you may know, sweetbreads are a real delicacy. Other meat specialties that add variety to the menu are liver, kidneys, brains, heart, and tongue. There are a number of ways to serve sweetbreads, but usually they are broiled, browned in butter, creamed, or served in salad, after they have been cooked in hot water. In connection with sweetbreads, let me tell you something that the Menu Specialist says can not be emphasized too often-- that is, to keep a delicate flavor delicate, and not cover it up with a strong, plebian one.

To prepare the sweetbreads for cooking, wipe them off with a damp cloth, without breaking the outer skin, or separating the two parts of the pair. Then drop them in lightly salted boiling water, and let them simmer for 15 to 20 minutes, depending on the size of the sweetbreads.

Drain, and as soon as they are cool enough to handle, remove the outer skin and the fibrous parts, but keep each half of the sweetbreads whole. For



broiled sweet-breads, add more salt if needed, sprinkle lightly with flour, place in a shallow baking dish, pour a generous quantity of melted butter over them and and put under a moderate gas flame, or in an oven to brown. Serve in the baking dish. A half a sweetbread is generally ample for each person.

Broiled sweetbreads are especially good combined with stuffed mushrooms. They can be cooked and served in the same baking dish. Add the sweetbreads when the lid is taken off the mushrooms to allow them to brown.

(NOTE: Recipe for Stuffed Mushrooms in program for April 30, 1928.)

The next recipe I want to give you is for the Pinwheel Biscuits, made with light brown or maple sugar. They are attractive for dainty luncheons.

Seven ingredients, for Pinwheel Biscuits:

2 cups sifted soft wheat flour	About 2/3 cup milk
3/4 teaspoons salt	4 tablespoons light brown or soft
4 teaspoons baking powder	maple sugar, and
3 tablespoons fat	2 tablespoons creamed butter

Sift the flour, salt, and baking powder together. Mix the fat into this mixture with a biscuit cutter. Add the milk slowly, stirring from the center, until a soft dough is formed. Toss on a lightly floured board, and knead lightly for about one minute until well mixed. For small biscuit divide the dough in half and use half the butter and sugar on each portion. Roll out the dough in a square, about one-half inch thick, spread the butter over the surface, and sprinkle the sugar over the butter. Then roll up the sheet of dough, sugar side in, like a jelly roll, and cut in inch slices. Place the biscuits, cut side down, on a greased pan and bake for about 15 minutes in a moderate oven (375°F.). Be sure they are cut side down, or your pinwheels may turn out to be flat tires. Watch carefully that the sugar does not burn. Serve hot.

Let's see what else we had on our menu-- peas or asparagus, a crisp cool salad of watercress and cucumbers-- strawberries and sponge cake.

Think you could write one more recipe? I'd like to give you directions for Strawberries Supreme. Only four ingredients, for this delectable dessert:

1/2 pint double cream	1/2 cup powdered sugar, or more, and
1 quart selected very ripe berries	1/8 teaspoon salt

Four ingredients: (Repeat)

Wash the berries well, drain, and cap. Whip the cream until thick, add the salt and the sugar. Continue the whipping until all are well blended. Fold the berries into the cream, until each berry is coated with the cream. Take care not to crush them. Serve at once. If the berries stand, after combining with the cream the juice is likely to be drawn from them, and the cream thinned.

Once more-- let's repeat the menu, which is suggested for a June luncheon; Broiled Sweetbreads and Stuffed Mushrooms; Peas or Asparagus; Watercress and Cucumber Salad; Pinwheel Biscuits; Strawberries Supreme; and Sponge Cake.





I see there are a few questions to be answered today.

First: "Please tell me how to launder wash silk dresses."

Answer: This is a timely question, with so many silk dresses being worn this summer. In washing silk garments of any kind, use lukewarm water, and a neutral or mild soap. Don't rub hard. Squeeze and work the garments in the suds. Don't twist the fabric. Rinse thoroughly in lukewarm water and remove the water finally by squeezing and patting the garment between dry towels. Dry as quickly as possible, but never in the sun. For crepe de chine and other woven silks, use warm but never a hot iron. Protect the silk with cheesecloth. The silk should be evenly damp, but not wet.

Second question: "How can I keep silk pongee from spotting?"

Answer: To keep silk pongee from spotting let it dry before you iron it.

Third: "What is the name of the new leaflet you mentioned which tells how to train children who are finicky about eating?"

Answer: The leaflet is "Good Food Habits for Children." I'm sending it to you.

By the way, I read something the other day about children which may interest you. Haven't you known parents who are forever warning their children not to do things? Miss Edith Dixon, of New Jersey, a specialist in child training, says that many parents make their children unnecessarily timid by frequent threats and warnings. She says that to warn a child against going near the water for fear he may fall and be drowned, or to refuse to let him climb lest he fall and be hurt, is not fitting him to take part in athletics later in life. She points out that the recreational life of many grown-ups is handicapped by fears, learned in early childhood.

"What the child needs," Miss Dixon advises, "is to learn caution by understanding the danger involved in a situation. The child should not be punished for running into the street. Rather, he should be taught how to cross the street with caution. Teach him to stop at the curb, to look both ways, and to walk, rather than run, across the street. If he walks across, there is less chance of falling in the street."

Miss Dixon says that a child can be trained to be cautious when he is only two or two and a half years old, if he gets the proper instruction, when he's out walking.

"Instead of holding on to the child," says Miss Dixon, "let him run, within limits, from one tree to another, from tree to curb, from house to corner. Explain why a stop is always made at the curb, then practice crossing by letting the child proceed without holding his hand. Do this often and the lesson will be learned thoroughly.

"Some parents become impatient if a child does not learn after one or two trials. It usually takes two or three weeks of daily practice to establish an idea of this kind, but once the lesson is learned, it may be safely assumed that the child will continue to exercise the proper caution."

Friday: "Arranging Cut Flowers in the Home." Program contains menu.

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